

PARA BELLUM

WEYMOUTH

Welcome

We look forward to welcoming you to the first Para Bellum Weymouth and sharing an amazing weekend of competition, community spirit and fun. The hub of the event will be on Weymouth beach, which will ensure a great backdrop to the event, high spectator numbers and easy access to food, drink and activities for athletes and supporters throughout your time in Weymouth.

Whilst this event is suitable for all abilities, there are movement guidelines that all members of the team must be able to achieve, so please make sure you are comfortable with these (in a separate document) prior to entering a team. Para Bellum welcomes CrossFitters, regular gym goers, sports teams and anybody who has a team that enjoy fitness and a competitive spirit! There are no ‘complicated’ lifts or gymnastic-specific moves, just functional fitness and the challenge of adapting your fitness to workouts in a new environment.

Team Registration

The competition will begin early on Saturday morning, which means that all teams need to register on Friday 12th June 2020. Registration will take place in a marquee adjacent to the event arena on Weymouth beach, between 4pm and 8pm.

All team members need to attend the registration to ensure all waivers are signed and athlete wrist bands are attached to all team members. Teams will also collect all other information needed for the weekend, including body tattoos, bib numbers, safety pins, swim caps, specific instructions and any additional items purchased.

The Teams

All teams must contain a total of 4 people, comprising 2 men and 2 women. All team members must be over 18 years of age by Friday 12th June 2020. In 2020 there are no separate categories.

Should you need to change any team members for any reason prior to the event, you will need to let us know at least 4 weeks prior to the event. Any changes must ensure your team still comprises 2 men and 2 women and all still over 18 years of age.

No substitutes can be made during the event and all of your team of 4 must complete all of the events. Again, please check the movement standards to ensure your team are comfortable with them. However, if at any point one of your team members suffers an injury and is unable to continue, we wouldn't want you to miss out on your remaining events. To ensure fair play to all other teams (who will all become increasingly fatigued during the weekend), we are happy for you to make a substitution to continue in the competition, providing you understand and adhere to the following:

1. If you sub a team member, you can not sub back again - the change that you make must be for the remainder of the competition, regardless at what point you make the change (whether event 2 or 6).
2. Your team has to have the sub approved by the event director or head judge and your substitute will need to sign an event waiver before taking part in any events.
3. You can not make any substitutions for the final event.
4. Once you make a sub, you will have a fresh and new member of your team. To ensure fairness to other teams who have not made any substitutions, your new team will not be eligible to score any further points at the workouts and therefore not progress up the leaderboard or be eligible for any individual event prizes.

Athlete requirements

Over the weekend there will be things that you must have and things that would be nice to have as it might make your weekend a little more enjoyable.

Athlete must have list:

What	Why
Swimming costume	To swim in (wetsuits not needed / allowed)
Trainers	To run / compete in (suitable for sand, road and off-road runs). Lifting shoes will not be needed.
2 team car tyres (minimum height 55cm) *	These will be used as an element of some workouts
Clothes for all possible weather conditions	In case the weather gets hot, cold, wet and / or dry
Spare clothes	In case you need to change them

* these will be your team car tyres. You will need to show these at registration to ensure they meet the correct height dimensions. Please feel free to paint, draw or graffiti your car tyres before you arrive at the event. You must not attach anything to it. You may however, name them, as during the course of the weekend they will become your friends.

Athlete nice to have list:

What	Why
Gloves / grips	In case you need to protect your hands
Goggles	To make your swimming easier Please note: additional swimming kit such as wetsuits, flippers, snorkels or diving masks will not be permitted
Wrist wraps, knee sleeves and any other supports used during training	Supports for joint and muscle health (including muscle taping) may be used as athletes would during training but are not a requirement
Foam roller / ball	To help recovery in between events (there will be a massage team also available on site)
Energy snacks / drinks	Whilst there will be lots of places to eat and drink, it might be worth having a supply of energy snacks and drinks for use in between events

Athlete / Team Briefing

The athlete / team briefing will take place after registration (8pm) at the event arena on the beach. Whilst it is compulsory that at least one member of your team is at the briefing, we strongly recommend that all team members attend to ensure everybody understands how the weekend will work, workouts understood as they are explained and movement standards demonstrated. This is also the opportunity to ask any questions and to ensure your team goes into the weekend competition with all of the information needed to have a great weekend of hassle free fun and competition.

The Events

Para Bellum Weymouth is a functional fitness event. Your teams will be tested for a full range of fitness skills and how well you can adapt and overcome the challenges the events may offer. During the build up to the events, teams will have some input into various aspects of events (long, heavy, pairs, quads etc) without knowing what the actual workout / event will be. Information and clues will be released throughout the build up, but it is not until the Friday at the event briefing that the full details of each workout will be announced.

We can tell you though that your team will be tested on things like lifting, carrying, walking and running with odd objects. You'll be doing some climbing, swimming and running - not all

of which will be straight forward! For now, check out the separate movement standards document to see what it is that your team will be required to do.

An example of a workout:

Workout details:

Part A

6 rounds:

50m paired run to collect a sandbag

50m return run to partners with the sandbag

*pairs will tag-team at the start line to complete 3 run-bag collects each pair, with a total of 6 sandbags collected and moved to the start line

Part B

On completion of the 6th round, teams will complete 100 synchro squats holding one sandbag each.

Workout duration (max):

8 minute time cap

Movement standards:

Athletes must reach depth and full standing position with all 4 members synchronised.

Team scoring:

Max 106 points (1 for each sandbag returned to start line and 1 point per synchro squat).

Teams who complete the workout in the allocated time frame will be ranked according to the time taken to complete it.

Competition scoring:

The winning team will score 100 points, with each team position scoring 1 less point;

1st - 100

2nd - 99

3rd - 98

...

99th - 2

100th - 1